

PRP E-GRAM

SECOND QUARTER 2018

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

The Physical Readiness Program is only as good as the integrity of the CFL!

Validation Clarification: The member must pass the Body Composition Assessment (BCA) and be in Age Adjusted Standards (AAS) for both the previous and current Physical Fitness Assessment (PFA) cycles to be awarded the Physical Readiness Test (PRT) incentive-non participation status, "Validated." The three step process which is defined in NAVADMIN 178/15 paragraph 3.b (BCA Methodology), does not clearly identify when a member is in AAS for steps 1 and 2 of the 3 step BCA process. When a member passes step 1 alone or fails step 1 and passes step 2, they are considered "IN" AAS. These members are not required to perform step 3. For members who fail both step 1 and step 2, they must produce a passing result in step 3, which reflects in the Physical Readiness Information Management System (PRIMS) as "IN" AAS to receive the "Validated" incentive for the PRT. Members who are "Out" for AAS will be required to perform the PRT and will be enrolled in Fitness Enhance Program (FEP) until the next official PFA.

For members who meet the validation requirements and would like to participate in the PRT, they are to complete a PARFQ and if required, be cleared by medical. Once the CFL has started the PRT, (i.e. asked Pre Physical Activity Questions), the members validation incentive is voided and the member is required to complete the PRT with standards set forth in NAVADMIN 141/17 to earn the "validation" for the next PFA cycle.

If a command or member is granted DEP/OP or IA/TAD for the PRT by the CO, where the BCA is conducted and documented in PRIMs. The system will calculate if a member earned the validation. The Validation status will reflect in PRIMs for these members. CFLs will only be able to edit a PRT from non-participation status (Validated) to a PRT Participant status. The CFL cannot change the nonparticipant status to another non participant status. Members that earn the validated will continue to reflect validated in the PRT even when authorized IA / TAD or DEP/OP. The "Validation" incentive cannot be carried over to the follow on cycle. Member will be expected to fully participate in the next regular PFA.

EVAL/FITREP "Validation" Clarification: Members who meet all the validation requirements which result in non-participation of the PRT, will receive a "B" code in block 20 of the EVAL/FITREP for the cycle which the validation was utilized. As outlined in BUPERSINST 1610.10D CH-1, the use of this code requires the command to note a reason in block 41 or 43 for non-participation in the PRT.



PRP E-GRAM

SECOND QUARTER 2018

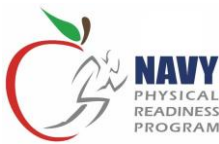
UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

Courtesy BCAs Clarification: With the release of NAVADMIN 304/17, the term “courtesy BCA” is no longer to be utilized. “Spot-check” BCAs must be completed within 5 working days on newly reporting personnel. Additionally, members can request a “spot-check” BCA from the CFL anytime not within the official PFA cycle. During a “spot-check” BCA, if the member is within BCA and AAS for his/her age group there will be no action taken. Should the member be out of BCA or AAS, FEP enrollment is mandatory until member is within AAS and passes a “mock” PFA.

NAVPERS 1070/613 (Page 13) Clarification: The PRP Office has updated the Page 13 to a single page. CFLs are to use the new single Page 13 to notify members of FEP enrollment. The Page 13 provided via our website and the PRIMIS link is not adverse and every effort should be made to help the member understand this.

Nutrition for FEP: There are currently four methods that members can use to satisfy the weight management program requirement for members enrolled in FEP. They are:

- 1) Registered Dietitian (RD) or Registered Dietitian/Nutritionist (RD/N). RDs or RDNs use their nutrition expertise to help individuals make unique, positive lifestyle changes. The Navy Dietitian locator is located on the Physical Readiness Program website.
- 2) Shipshape Program is an evidence based, behavioral change program that is specifically designed to provide all the tools needed to achieve healthy and permanent weight loss. The Shipshape program is available at all MTF’s including branch clinics. Any members that are interested in becoming a Shipshape facilitator can contact their MTF for more information.
- 3) Nutrition Self-Study Course. This is a self-guided, self-paced course that can be found on the Official Navy PFA App under the downloadable content tab. This course is intended to assist members to have an increased awareness of overall nutrition and how it affects the body.
- 4) Commercial Weight Loss Clinics. These clinics are discouraged due to the unnecessary cost to the member (they will not be reimbursed) and the possible use of controversial prescription medication. Members can use this option if they so choose.



PRP E-GRAM

SECOND QUARTER 2018

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

Command Fitness Leader (CFL) Recertification: In order to maintain certification, a CFL must attend a 2-day CFL Seminar or the 5-day CFL Certification Course every 3 years. Locations and dates of CFL seminars for the remainder of FY18:

- 1) 13-14 June, Naval Station Norfolk, VA
- 2) 10-11 July, Naval Air Station Pensacola, FL
- 3) 15-16 August, Naval Base Coronado, CA
- 4) 12-13 September, Joint Base Anacostia-Bolling, D.C